

**ABSTRACT OF THE DISCLOSURE**

(000801) The invention provides compositions comprising formula 1 steroids, e.g.,  
16 $\alpha$ -bromo-3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one hemihydrate and one or more excipients,  
5 typically wherein the composition comprises less than about 3% water. The  
compositions are useful to make improved pharmaceutical formulations. The invention  
also provides methods of intermittent dosing of steroid compounds such as analogs of  
16 $\alpha$ -bromo-3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one and compositions useful in such dosing  
regimens. The invention further provides compositions and methods to inhibit pathogen  
10 (viral) replication, ameliorate symptoms associated with immune dysregulation and to  
modulate immune responses in a subject using certain steroids and steroid analogs.  
The invention also provides methods to make and use these immunomodulatory  
compositions and formulations.